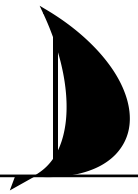


Church of

St Columbanus

Parish of Ballyholme



March 2012



Simon's report
from Kajiado
Page 5



The Parishioner

The Church is open every weekday morning for private prayer and meditation

The Rambling Rector

“I didn’t like you from the moment I saw you.” Someone said that to a clergy friend of mine the day he left his first parish and it still makes me smile. Christ Himself was far from universally popular, we clergy tell ourselves. To anyone in Ballyholme who feels the same way about me, thank-you for not mentioning it directly - so far! You see by the time you read this, the 3rd March 2012 will probably have come and gone. Not only am I now four years in Ballyholme but it’s the longest I’ve stayed in any parish so far. Of course we’re still only getting to know one another, but I’m as clear as I was four years ago about what is the most important priority for us as a Church family. In Aghalee it was the Lord’s call to love our neighbours across the community divide. In Ballyholme it is the Lord’s call to gather as His people for worship, in season and out of season. Incidentally, since it looks as though you’re stuck with me for a while, please remember what I said on my first day in St Columbanus: you get the rector you pray for.



SED

‘Walking in Simplicity’

Celebrate St Patrick’s Day 2012



Bishop Harold invites you to join him at Down Cathedral on **St Patrick’s Day, Saturday 17 March 2012** for the Annual

St Patrick’s Day Festival Service followed by lunch in the marquee in the Cathedral grounds.

You are also welcome to attend the Holy Communion Service at Saul and to join the pilgrimage from Saul to Down Cathedral. Pete Greig will speak at both services. Pete is one of the founding champions of the 24-7 Prayer movement and Director of Prayer at HTB. Thanks to an innovative approach to spirituality and culture, 24-7 has spread into more than a third of the nations on earth, capturing the attention of newspapers and magazines from Rolling Stone to Readers Digest. Pete’s books include Red Moon Rising, The Vision & The Vow, the 24-7 Prayer Manual, and God on Mute.

The theme for the day is ‘**Walking in Simplicity**’ and will also mark the beginning of the ‘Wear it Out’ campaign - a clothing fast which is an initiative of Summer Madness with Tearfund.

Shoes wanted! In keeping with the theme we are inviting everyone who comes to donate a spare pair of shoes *in good condition*. Where possible your shoes will go straight onto the feet of someone in need but at the very least

will be recycled and the proceeds given to charity. They will be collected in the porch at Down Cathedral.

IMPORTANT: PLEASE PAIR YOUR SHOES BY SECURING WITH A STRONG ELASTIC BAND OR BY TYING THE LACES TOGETHER

The Day’s Events

- 9.15am Holy Communion at Saul
Preacher: Mr Pete Greig, founder of 24/7 Prayer
- 10.15am Pilgrimage from Saul to Downpatrick
- 11.45am Festival Service in Down Cathedral
Speaker: Pete Greig,
- Wreath laying ceremony at St Patrick’s Grave
- 1.00pm Irish stew lunch in the marquee
Transport to Saul
Please park along the Mall leading to the Cathedral in Downpatrick and board one of the private buses. **Buses to the Communion service depart between 8.30 and 9.00am. The last bus for the 35 minute pilgrimage leaves at 10.00am.**

Urgently Wanted: Donations of Cadburys Creme Eggs for chicks!!
Please leave in office for Ann and Janice





The Wednesday Club

Our February meeting was certainly different, but extremely enjoyable. We were joined by parishioners from Ballyholme

Methodist and others to take part in the Safety of Seniors Roadshow. Before a lunch of sandwiches and traybakes, we were greeted by the Mayor of Bangor, and Lynn from Agenda. We were then shown how to deal with bogus callers. Talks by the PSNI and Fire Service followed.

Various stands were placed around the Parish Centre, where attendees could browse and find out about safety locks for doors and windows, study literature, get advice from the CAB and read about a variety of aids etc for the over 50's. The afternoon drew to a close with an interactive quiz, and everyone agreed they were glad they came!

Photos of the event are on the Photos Page later in the magazine (page 6).

Sue

Marinated pork chops with fresh Lemon Thyme

Serves 4
Preparation 5 mins
Cooking 20 mins



Ingredients

100ml Worcester sauce, 1 garlic clove peeled, crushed, 15g wholegrain mustard, 15 g freshly chopped Lemon Thyme, 15g honey, 15g caster sugar, 4 large chops

Method

- 1 Mix the Worcester sauce, garlic, mustard, honey, fresh lemon thyme and caster sugar together
- 2 Place the pork chops in the marinade, cover and leave in refrigerator, if possible, overnight
- 3 Pre-heat the grill to the highest heat
- 4 Place the chops under the grill and cook for 8 - 10 mins on each side, basting them with the marinade during the initial cooking stage and discarding the remaining marinade

Sent in by Winifred Craig



Word & Worship

A relaxed evening service with contemporary praise and Bible teaching. Special guest The Rev Denise Acheson

Sunday 18th March 6.30pm in the Kajiado Room
Followed by coffee and dessert

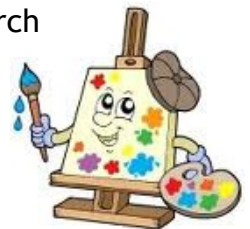
Bangor Art Club Art Exhibition

Groomsport Parish Church

8th, 9th and 10th March

from 2pm till 8pm

Admission Free



Enquiries to Susan on 078677 82395

Everything we need to know, we can learn from Noah's Ark

- ONE:** Don't miss the boat.
- TWO:** Remember that we are all in the same boat!
- THREE:** Plan ahead. It wasn't raining when Noah built the Ark.
- FOUR:** Stay fit. When you're 60 years old, someone may ask you to do something really big.
- FIVE:** Don't listen to critics; just get on with the job that needs to be done.
- SIX:** Build your future on high ground.
- SEVEN:** For safety's sake, travel in pairs.
- EIGHT:** Speed isn't always an advantage. The snails were on board with the cheetahs.
- NINE:** When you're stressed, float awhile.
- TEN:** Remember, the Ark was built by amateurs; the Titanic by professionals.
- ELEVEN:** No matter the storm, when you are with God, there's **always** a rainbow waiting.



What's on your iPod?



This month's iPod playlist is from Adam Bell.

Adam is 19 years old and has just finished a 2 year ICT (Information and Computer Technology) course at Bangor Tech. part of the South Eastern Regional College. He is currently working full-time in Teleperformance.

Adam also features in amateur dramatics; you may have seen him recently in the Upstage Downstage production of Oliver as the dastardly Bill Sykes.

- | | | |
|----|---------------------------|----------------------|
| 1 | Charlie Brown | Coldplay |
| 2 | Lego House | Ed Sheeran |
| 3 | Little Lion Man | Mumford & Sons |
| 4 | Life is a highway | Rascal Flatts |
| 5 | If you ever come back | The Script |
| 6 | Do you want it all? | Two Door Cinema Club |
| 7 | Lighthouse | Westlife |
| 8 | Hollywood | Michael Bubl  |
| 9 | Set fire to the third Bar | Snow Patrol |
| 10 | Dance with me tonight | Olly Murs |

The Parish magazine

Many may not be aware, but every month one copy of the magazine is kept in a separate file as part of the parish history. After 3 years, they are bound and kept in the Parish Office.

However, this year, due to a slight accident (spilled coffee), a few copies got damaged, and we are asking for your help.

If any parishioner has a copy of any of the following months, and would like to donate their copy to the office, we will be very grateful.

Dates of magazines we need are:- **2010** - March, April, May, June, July/August and September.

Thank you



**WOMEN'S WORLD DAY OF PRAYER
FRIDAY, 2ND MARCH 2012 AT 11.00 A.M.**

**THE ANNUAL SERVICE FOR OUR AREA
WILL BE HELD
IN BALLYCROCHAN PRESBYTERIAN
CHURCH**

**TEA/COFFEE WILL BE SERVED
FROM 10.00 A.M.
IN THE CHURCH HALL
PRIOR TO THE SERVICE**



**Do you fancy a few days away in
Newcastle Co. Down?**

Our annual trip to the Glenada Conference Centre will take place from **15th -18th May** inclusive. All rooms are en suite and the price includes meals and transport.

For more details and cost please contact Karen on 91274912.

The Consecration of the second bishop of Kajiado

The Rt Rev Gaddiel Katanga Lenini

Sunday 15 January 2012

It was rather like arriving three days early for an extremely large wedding. To begin with, I knew everyone, having met the key staff of the diocese on my previous trip to Kajiado for the Harambee in October 2009. By Saturday the main guests were arriving and I was able to fade into the background - as much as you ever can in Kajiado: along with Ronnie Briggs of CMS Ireland, I was one of just two white faces in a sea of several thousand black ones.



As rector of Ballyholme, Kajiado's honorary nineteenth

parish, I am so glad I was able to be there to represent the Church family of St Columbanus. Most of the clergy from Kajiado diocese were present and nearly all of the Anglican Church in Kenya's 30 bishops (the Church of Ireland has 12 to give you some idea of the difference in scale). The Archbishop of Kenya presided and it was lovely to meet him when he arrived for the rehearsal on the Saturday night.

Bishop Gaddiel is a man in his early forties with a young family and immediately prior to his new appointment he was looking after the diocesan Cathedral. I had several informal conversations with him over my stay and stressed how important the Kajiado link remains for us in Ballyholme. I also conveyed greetings in the traditional Kenyan way from all our congregation at St Columbanus, from our Select Vestry and from our Missions Committee.

Gaddiel has excellent English. He struck me as a warm, amiable and gentle person but otherwise as different as imaginable from his predecessor Bishop Jeremiah. Where Jeremiah was a well-travelled man with a British education and independent personal means, Gaddiel has never strayed much further than the immediate vicinity of Kajiado. On taking up his new role Gaddiel will receive the keys for his first ever car - and presumably some driving lessons!

Much of the bishop's new life will be spent managing problems which parish clergy have passed up the line, problems which often seem just about intractable. As for everyone in ministry, there will be times when he will feel up to the job and times when he won't. At his lonely, difficult moments I hope my presence on 15 January 2012, on your behalf, will remind him that several thousand miles away there are those who share his love for the people of Kajiado and who hold him prayerfully before the One who alone can make up for all our deficiencies.

The Diocesan Centre

One afternoon was spent on a guided tour of the Diocesan Centre project, a large suite of offices built on 10% of the proceeds for our own Ballyholme Parish Centre. As you now know, we cleared our debt on the Parish Centre just before Christmas. This meant that before I arrived for Bishop Gaddiel's consecration, the closing instalment of our Parish Centre gift had already been received. This final sum of £5000 will enable the completion of the all important roof.

With a building project in the Kenyan church, money is only spent as it comes in. Up to now, Ballyholme has been the primary source of income for the Diocesan Centre. Once the roof is



completed, the plastering, wiring and so on can begin on the individual rooms. CMSI are currently deciding how best to facilitate this last stage of construction. One option may be to seek financial input from Kajiado's other Irish link parishes on a room by room basis. SED

Around the Parish

Police Male Voice Choir



Womens World Day of Prayer Coffee Morning



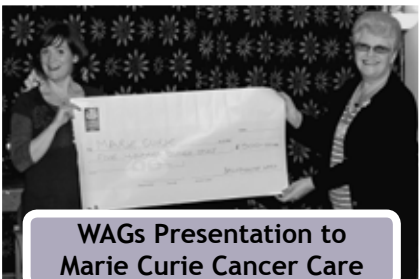
Mothers and Toddlers



Safety of Seniors Roadshow



WAGs Presentation to Marie Curie Cancer Care



Keeping on the move with Pat

Pat Peel's lifelong passion for movement and exercise was first awakened by her involvement in the Girls Brigade movement. As a child, she loved going to dancing classes, but laughingly recalled that she had "neither the build nor dedication" to have gone further with it.

"I belonged to the GB which does a lot of PE work, basically exercise to music and that gave me an outlet for this love of music and dance," she said.

Pat eventually became an officer in the GB. She had known her future husband John from childhood since he too was a member of the Holy Trinity church in North Belfast. Romance blossomed after they both began attending the youth club and they married, celebrating their Golden Wedding anniversary two years ago.

When Pat began working with the then Keep Fit Association of Northern Ireland she soon realised that she could become an instructor and embarked on a two year training course. It was no mean feat for Pat at that time as she had three young children and she paid tribute to her husband's unstinting assistance. "I couldn't have done it without John's support," she added.

In those days, all the classes were taken in bare feet, the instructors wore a tunic and had bare legs. "Leotards had not been thought of then. Someone then had the bright idea of cutting the feet out of black tights, hemming them and using them, much to Pat's relief.

They were often invited to take part in displays outdoors, e.g. at football matches or fireworks displays and this quite often entailed "prancing about muddy fields in our bare feet," she recalled. Two of the most memorable displays she took part in were at the invitation of the Keep Fit Association of England held in the Royal Albert Hall, an experience never to be forgotten.

After qualifying, Pat took one class a week which, at that time, was more than enough for her. This was taking place against the backdrop of the Troubles and, looking back, Pat is rightly proud that the Association's many instructors were able to keep classes going through such difficult times.

In 1970 the Peel family, complete with Pat's father and John's mother upped sticks from North Belfast and moved into their present Morningside home. The keep fit scene was gradually evolving as more leisure centres opened. "Our Association did embrace these changes and went along with them,"

said Pat. This also coincided with the era of Jane Fonda and her notorious "Going for the Burn" slogan, a philosophy which is much frowned upon now. Not wishing to be left behind the Keep Fit Association drafted in experts to train their instructors in the

new moves, while still ensuring that it remained healthy and safe.

Pat kept up to date with these new trends including Aqua Fit, taking a class in Bangor for years (incidentally it's hard on the knees, she confided). "I didn't care what I did as long as it was moving to music. I just thought if you can't beat them, join them," was her philosophy.

Another of her long standing beliefs is that keep fit should be for all ages, not just the young and she was particularly interested in working with senior citizens.

Pat went on to become a trainer and examiner of instructors; for three years, she held the high

profile post of chairman of KFANI (later to become known as Fitness Northern Ireland), then in 1985 she became their first Development Officer in association with the Sports Council.

Her remit was to expand the organisation's network and this, naturally, involved a lot of travelling.

The Peel family joined St Columbanus on their arrival in Bangor and have been closely involved in parish life ever since. Her Monday morning keep fit classes in the Parish Centre have become a regular fixture but, in fact, the men's classes began long before the ladies. In addition, she still keeps her hand in by taking 50+ classes weekly in Bangor and Holywood.

Much as she loves keep fit, says Pat, her close family circle is all important - her three grown up children Pauline, Christopher and Jennifer, their spouses and 7 grandsons, the youngest of whom are 4-year-old twins.

"I feel that I am very blessed to have really good health, whether it is anything to do with keep fit I don't know," she added, although she is a convincing ambassador. "I have been privileged to meet so many different people. We have a lot of close friends that are very important to me."

And Pat has been broadening her musical tastes recently - grandson Kevin is one of the members of up and coming rock Indie band Two Door Cinema Club. Indeed, proud Granny Peel could be found earlier this year as part of the crowds that flocked to Ward Park to hear their triumphant homecoming gig in the Tennent's Vital concert.

Rosie Lawther



Book Review

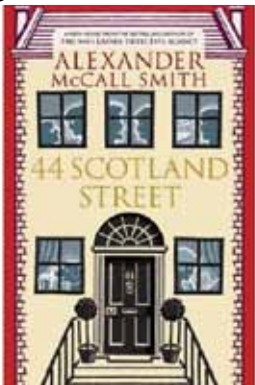
44 Scotland Street by Alexander McCall Smith



44 Scotland Street centres on the lives of the occupants of a subdivided townhouse in Edinburgh's lovely Georgian new town - the street exists but that address is fictional.

Through the medium of a very easy read Mr Smith manages to address many of the morally challenging issues which most people will have to address at some point - trust, honesty, snobbery, hypocrisy, love and loss. He does this with an entertaining cast of characters and a lightness of touch that makes it a very engaging, satisfying read without the need to constantly interpret what the author means.

Among the characters we have Bertie, the five year old saxophone playing and Italian speaking prodigy, who wants nothing more than to be a normal little boy but whose efforts in that direction are constantly thwarted by his pushy "enlightened" mother who has painted his room pink to avoid gender stereotyping. There is Bruce, the narcissistic surveyor with no great sense of right and wrong but whom women find attractive and Angus Lordie, portrait painter and owner of the gold toothed, beer drinking dog Cyril. Angus becomes the subject of a "dissident Free Presbyterian fatwa" when they take a dislike to his portrait of their Moderator. Then there is Big Lou from Arbroath who owns a coffee bar and who dispenses pearls of wisdom along with the lattes. I could go on but I think that gives a flavour of the variety of the cast at whom we can smile - indeed laugh - but with whom we can readily empathise.



The fact that it was originally written to be published on a daily serialised basis in the Scotsman newspaper means that it has short chapters with something happening in each and each ending with the expectation that something else is about to happen. So popular has the format proved that it now runs to six novels. Read the first and I am sure you will go right through the series.

44 Scotland Street is published by Abacus; £7.99 RRP

Norman Taylor

THINGS I LOVE SUNSETS

If ever there is a special time of day for me, I would have to say that a sunset would have to be mine. Each one I see is different from the last, the colours ever changing from delicate pinks leading to copper, fiery reds to electric blues going to deep purples.

The beautiful show takes up the sky as far as the eye can see. It does not matter what time of year it is, maybe the depths of winter or the height of summer. I could be coming home from work on a day late in autumn or on holiday around the Mediterranean.

In today's world we get very little that costs absolutely nothing, yet sunsets in all their beauty are totally free.

The next time you see one start to happen, take a few minutes to stand and stare and be thankful for the privilege. I am.



Adrian Pycroft



MOTHERS' UNION SALE & COFFEE MORNING

SATURDAY 24TH MARCH 2012

10.00 - 12 noon
All very welcome





Now and again, it's good to pause in our pursuit of happiness and just be happy (Guillame Apollinaire)

On our last Wednesday before Christmas the Craft ladies finished up early and we gathered for our Christmas lunch. This is the first time this has been done and they were very excited to see what food would be served. You can imagine their delight to find a complete feast laid out in front of them; Beef, potatoes, matooke (steamed bananas), rice, ground nut sauce, beans and vegetables. For desert there was pineapple, Christmas cake and biscuits.

I have never seen plates piled so high. Yet despite this there was still a lot of food left over so each lady was given a box full of leftovers to take home for their families.

After lunch we played games. When I had originally suggested this to one of our HIV counsellors here, they were unsure if the ladies would join in as grown ups do not play games in Uganda. But I think they had underestimated these ladies' sense of fun. I got reports of people at the other side of the hospital being able to hear the howls of laughter from the room where we played games I had learnt as a child. At one stage the ladies could not even complete the game because they were laughing so hard. It was hard at that moment to imagine that these women have a deadly disease and are living in bleak poverty. Right then, they were the happiest people I have ever met.

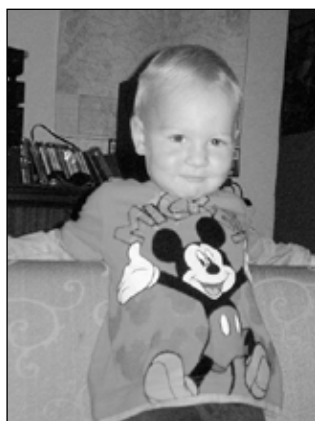
Before leaving, presents were given out. The women of the 20's and 30's group at Hamilton Road Baptist church in Bangor had bought and sent over 20 packs of pants, an extremely useful present to women whose clothes are always bought second hand - even the underwear. They also received soap, rice, sugar, salt, sweets and biscuits - a Christmas Hamper Uganda style.

All through my first year here I have worried at how I would feel being so far from home over Christmas. But I have been surprised to find that the last month here has been my favourite time so far. Kiwoko really embraces Christmas. They have a huge staff Christmas party with over 300 people in attendance, we went carol singing round the wards on Christmas Eve, and on Christmas Day all the staff who had not gone back to their villages met together for a 'bring and share' BBQ. All these events were great fun and also a profound example of how a community can become a family.

However, I think my favourite part of the whole season was the laughter of 16 middle aged women playing games like six year olds.

Tanya Baker

Rory and Denise have almost completed another 3 years at Kiwoko Hospital and will be coming back to Bangor at the end of April for 5 months Home Leave. They are looking forward to catching up with all their friends in St Columbanus.



The Woodpecker might have to go!

PS. Gideon doesn't like wearing his shoes so he may be instantly recognisable around Ballyholme.

Where are all the men?

What influenced you most while you were growing up? Often we realise that it is people, and the situations we see them in, that have the greatest effect on us. I think this is true of young people today. Role models are important: celebrities, sports people, fashion models, playboys, rock stars are often the sort of characters that our young people look up to.

Boys learn by example, as much, if not more than girls. Where does a boy learn and understand what it is to grow up and be a man? He learns from those around him, the men in his family and his peers, but also from the men that he listens to on his iPod, perhaps rapping about how to treat women. Maybe he learns from the examples he sees on TV or in the cinema, action heroes, Casanovas or slobs. Sketchier still, he may learn by his own research, playing fast and loose with a search bar and going by the path of least resistance to places that weren't so readily accessible twenty years ago.



The need for good male role models has never been greater. Men who understand what a hard day's work is, who know the meaning of self sacrifice for their families, who take responsibility not just for themselves, but for the people they love, men who take God seriously. I would challenge you to find a man in popular culture that displays those characteristics.



Yet these men do exist. They are in fact sitting in our pews and in the households of our parish. They are quietly getting on with the business of being men, responsible fathers, loving husbands, faithful followers. As I think back over my time growing up in Ballyholme, I can remember a handful of men who influenced me. Just looking at the past year I can think of one man in particular, whose quiet example as someone who deeply loves and cares for his wife has been transformational to me - a twenty-seven year old single guy, with no real idea of what being a husband is all about.

The Bible is full of good examples of men who followed God: flawed fighters in God's army. I think of Samson, the man mountain, who tore a lion apart with his bear hands, allowed himself to be betrayed by a manipulating girlfriend and eventually made the ultimate sacrifice for God's purposes. We think of David, the runt not worthy of consideration for kingship, who threw rocks at giants, killed a man after sleeping with his wife, paid a heavy price, wrote some of the greatest songs and poems of all time and became the most celebrated king in the history of Israel.

Then there is Jesus - the perfect man. He picked a team of followers, battled through storms, was constantly under threat of death, challenged oppressive regimes, was tough with fraudsters and tender with little children. He took a beating and bore the responsibility for something he hadn't done, and died at the hands of the people he was offering life to.

Is it fair to say that in youth and children's work there is a perception that it's not really *for* men? My question to the men of our church family is - what if Samson, or David, or even Jesus was a member of our parish? What ministries would they be part of? Where would they be tough and where would they be tender? Where would they lead and where would they follow? What would they create, and what would they take responsibility for? How would they go about setting a good example for the boys of our parish who will grow up to be the men, husbands and fathers of tomorrow?



Sam

The Quiet Corner



I recently came across a study undertaken by Utah Valley university in which they interviewed 425 students, asking them whether they agreed or disagreed with such statements as “Many of my friends have a better life than me,” and “Life is fair”. They then correlated the responses with the students’ use of Facebook and found that the more time they spent on Facebook, the more they considered that others had a happier life than they did. The explanation which the researchers proposed was that users of Facebook generally post their pictures of happy smiling people having a good time, and others viewing the photos perhaps feel that their friends have it better than they do.

I checked with my kids, avid users of Facebook, to get their opinion. The response was that the findings sounded plausible, and that there was a significant amount of peer pressure to get a large number of photos on your page.

It’s an interesting modern perspective on the old aspect of “keeping up with the Joneses”, where you judge yourself based on how you stack up against other people.

The writer of the Old Testament book of Ecclesiastes was a bit of a philosopher who considered various facets of life and tried to make sense of it all and determine what was important. His conclusion was “I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in all his toil - this is the gift of God.” And Paul in the New Testament seems to echo this when he says “I have learned to be content whatever the circumstances”. Good advice, I reckon.

ROBBIE JACKSON



2012 Easter Vestry

In accordance with chapter 3 of the Constitution of the Church of Ireland, our annual General (Easter) Vestry meeting in

Ballyholme shall take place at 12.45pm on Sunday 25 March in the Parish Centre over a parish family lunch (in aid of the Home Straight Appeal).

Constitutionally, as you know, we are free to conduct elections to the Select Vestry in whatever way we see fit. We intend to run again with written nominations ahead of the meeting in the hope that we will receive at least 12 names. It is up to you to stand yourself or to propose someone else to stand and the basic commitment is one meeting a month.

Nominations were declared open at the February Select Vestry meeting (16 February) and will close on Sunday 18 March. Forms will be available from the Churchwardens on Sundays, from the Parish Office on weekday mornings and from our Honorary Secretary Leslie Adams (91466690). We will take a digital photograph to use on the voting paper. So far as the agenda for the meeting itself is concerned, in addition to the elections, the adoption of the parish accounts and the submission of any reports, ‘any other notified business’ should be brought to the Rector’s attention the day before the meeting at the latest. Please plan to be part of this important day in the parish calendar.

Adult Confirmation Preparation: Monday 5 March 7.30pm



Every year in Ballyholme a few adults come forward who for whatever reason have never been Confirmed (or Baptized and Confirmed). Perhaps they have come from another Church tradition, maybe it was something they just never got round to.

As he does each year the Rector will offer a course of preparation through Lent and classes begin on Monday 5 March. Please come to the Rectory (3 Ward Avenue) for 7.30pm - even if it’s only to get a flavour of what might be involved.

Speak to the Rector on 91274901 for more information beforehand if you are interested.

OUR WORSHIP

Sunday 4th March 2nd Sunday in Lent

8.30 Holy Communion
 10.00 Family Service
 11.30 Morning Prayer
 6.30 Holy Communion

Wednesday 7th March

10.30 Holy Communion - Kajiado Room

Sunday 11th 3rd Sunday in Lent

8.30 Holy Communion
 10.00 Morning Worship & Children's Church
 11.30 Parish Communion
 6.30 6-8

Wednesday 14th March

10.30 Holy Communion - Kajiado Room

Sunday 18th 4th Sunday in Lent

Mothering Sunday

8.30 Holy Communion
 10.00 Morning Worship & Children's Church
 11.30 Morning Prayer
 6.30 Word & Worship with Denise Acheson

Wednesday 21st March

10.30 Holy Communion - Kajiado Room

Sunday 25th March 5th Sunday in Lent

8.30 Holy Communion
 10.00 Parish Communion & Children's Church
 11.30 Morning Prayer
 6.30 Evening Prayer

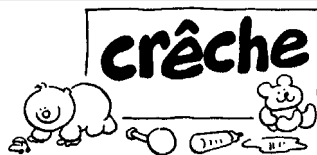
Wednesday 28th March

10.30 Holy Communion - Kajiado Room



March

4th Ruth Ruttle
 11th Sue Bleakley
 18th Sybil Robinson
 25th Vicky Hayes



March

4th No Crèche
 11th Heather Glasgow,
 Helen Hartley, Natalie
 McCartan
 18th Julie Monaghan, Pamela
 Reading, Caroline Gillan
 25th Katherine Newman,
 Dianne Dornan, Angela
 Skaramoutos



March

4th: Neil Devlin, Jean Law,
 Heather Johnston
 11th: Maureen Aiken, Lynsey
 McDermott, Jill Owens
 18th: Joanne Coulter, Nicole
 Watson, Fiona Jackson
 25th: Pat Adair, Patrick
 Crothers, Pauline Baird



Golf Society

Dates for
 your diary

Friday 27th April

at Mahee Island. Tee off 1.30 -
 2.30pm

Friday 21st September at
 Donaghadee.

Bacon butties 10.00 am

Friday 28th December at Helen's
 Bay. Tee off 9.00 am

*Harry Browne will be in touch
 nearer the dates to arrange
 meals etc. Any questions, please
 phone Harry on 91467275*

Childrens' Church Helpers

March

11th Elaine McNamara &
 Fiona Oliva
 18th Colin Corbridge,
 Margaret Moorhead, Jim
 Murdock
 25th Nikki Talbot, Kathryn
 Taylor, Amanda Thomson

Parish Office: 91274912

Rectory: 91274901

Curacy: 91271922

Prayer Line: 07531806167

Transport: 07599794968

Church Readers Rota: Sarah
 91454826 or Freda 91467624

Mothers' Union Notes

Our guest speaker on Monday
 5th March at 8pm is Deirdre
 Humphries.

Deirdre will be sharing with us
 how to be "Fit for Life"

**The "Spring Sale and Coffee
 Morning" will take place on
 Saturday 24th March from
 10.00 am -12 00 noon.**

There will be a variety of stalls
 and something for everyone
 including Cakes, Gifts, Books,
 Toys and Tombola.

Items for the Sale will be
 gratefully received and can be
 collected by committee members
 or left in the Parish Office.

Please come along and bring your
 friends!

FUNERAL

30th January: Eileen
 Houston, late of Movilla
 Nursing Home